

Intensive Swim & Survive Program

Swim and Survive is a comprehensive swimming and water safety initiative of Royal Life Saving. Please see customer service for bookings and times.

Aqua Kidz • 7-16 years

A fun and exciting water aerobics class - enjoy moving in time with the music and using a variety of different equipment. Duration: 30 minutes. Location: 25-metre pool.

Kidz Fitcamp • 8-16 years

An encouraging and motivating 'bootcamp' style session that incorporates skipping, jumping and fun functional exercises. Duration: 30 minutes. Location: Studio 1.

Crawl Play • 8 weeks - walking

Introduces babies to movement in a safe environment. Duration: 45 minutes. Location: Gymnastics Hall.

Balance Play • walking - 5 years

This class is focused on parents and children interacting one-on-one, the classes provide free play and organised circuits to promote gymnastics through play. Duration: 45 minutes. Location: Gymnastics Hall.

Ninja Warriors • 8 - 16 years

Test your skills on our very own 'Ninja Warrior' style obstacle course around the gymnastics hall. Can you conquer the giant wall? Duration: 55 minutes. Location: Gymnastics Hall.

Rebound • 8 - 16 years

This class utilises the floor, trampoline, tumble trampoline, vault and air track to add bounce to your day! Participants will work towards learning tumbling skills as well as partner and group acrobatic style balances. Duration: 55 minutes. Location: Gymnastics Hall.

Tabloids • 5 - 16 years

Participants will get to experience 10-12 fun stations around the gymnastics hall that uses all of the gymnastics apparatus. Add some music and it's a gymnastics party! Duration: 55 minutes. Location: Gymnastics Hall.

Super Hero School • 5 - 16 years

Calling all children with a super power! Using our gymnastics knowledge we will teach you the skills to become a gymnastics super hero. Each successful Super Hero will receive a certificate. Duration: 55 minutes. Location: Gymnastics Hall.

Circus & Rythmic Skills • 5 - 16 years

A fun twist on general gymnastics where participants will learn circus and rhythmic skills using hand apparatus (i.e. scarves, hoops, ribbons). Duration: 55 minutes. Location: Gymnastics Hall.

Parkour • 8 - 16 years

An alternative to gymnastics – Parkour provides a way for the participant's to use their body to traverse obstacles in effective and fluid movements. Duration: 55 minutes. Location: Gymnastics Hall.

Rock Climbing • 6 - 16 years

Set your sights on the top of our new rock climbing wall! Challenge yourself on our 6 different climbing routes, using our auto belaying system to lower you safely back to earth. Duration: 60 minutes. Location: Gymnastics Hall.



AQUATICS

Swim & Survive Program: \$50 per child for four classes. Aqua Kidz: \$6.20. Book your place with our Customer Service Team.

GYMNASTICS

\$6.20 per casual class. Book your place with our Customer Service Team. Max 2 classes per child per day.

FITCAMP

\$6.20. Book your place with our Customer Service Team.

ROCK CLIMBING

\$12.00 per session. Max 6 children per session. Book your place with our Customer Service Team.

HEALTHY KIDS MEMBER? OUR SCHOOL HOLIDAY PROGRAM IS FREE!

MONDAY

● ● 22nd January ● ●

Swim & Survive will run each day of the school holidays program. Various times throughout the morning from 9am onwards.

10am: Crawl & Balance Play

11am: Ninja Warriors

11am: Rock Climbing

12pm: Rebound

1pm: Tabloids

2pm: Super Hero School

2pm: Rock Climbing

2pm: Kids Fitcamp

TUESDAY

● ● 23rd January ● ●

10am: Crawl & Balance Play

11am: Tabloids

11am: Rock Climbing

12pm: Circus & Rhythmic Skills

1pm: Ninja Warriors

2pm: Parkour

2pm: Rock Climbing

WEDNESDAY

● ● 24th January ● ●

10am: Crawl & Balance Play

11am: Ninja Warriors

11am: Rock Climbing

12pm: Rebound

12pm: Aqua Kidz

1pm: Tabloids

2pm: Super Hero School

2pm: Rock Climbing

THURSDAY

● ● 25th January ● ●

10am: Crawl & Balance Play

11am: Tabloids

11am: Rock Climbing

12pm: Circus & Rhythmic Skills

1pm: Ninja Warriors

2pm: Parkour

2pm: Rock Climbing